




# **PREPARE** for the Hurricane Season

Food and Water Store supplies for 1 month	Health and Hygiene	Documents	General	Power Alternatives	Emergency Backpack
<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 gallon of drinking water is needed per person per day <sup>1</sup></li> <li><input type="checkbox"/> Store some drinking water and keep good filters or other means to purify water.</li> <li><input type="checkbox"/> Additional water for cleaning and hygiene.</li> <li><input type="checkbox"/> Food and water for pets.</li> <li><input type="checkbox"/> Frozen bags/bottles of water (at ¾ capacity) to keep food cold for longer.</li> <li><input type="checkbox"/> Dry/canned/bottled food that can last long at room temperature</li> <li><input type="checkbox"/> Paper plates and cups</li> <li><input type="checkbox"/> Manual can opener</li> <li><input type="checkbox"/> Infant formula, milk, and/or baby food. <sup>2</sup></li> </ul> <p><b>Tip:</b> Boil water (at least for a minute) for consumption, particularly after a prolonged period of lacking water services.</p> <p><b>Tip:</b> Alternatively, you can apply 1 or 2 drops of chlorine solution per 1 liter of water, and let it rest for 30 minutes.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Prescription medications</li> <li><input type="checkbox"/> Non-prescription medications (i.e. pain reliever, anti-diarrheals, laxatives)</li> <li><input type="checkbox"/> Face shield(s), masks</li> <li><input type="checkbox"/> Disposable gloves</li> <li><input type="checkbox"/> Insect repellent (DEET)</li> <li><input type="checkbox"/> Moist towelettes</li> <li><input type="checkbox"/> Paper towels</li> <li><input type="checkbox"/> Soap and hand sanitizers</li> <li><input type="checkbox"/> <i>Other personal hygiene products:</i> i.e. toothbrush and toothpaste, feminine care products, Diapers, etc.</li> </ul> <p>Include a <i>First Aid Kit</i>, that contains:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Bandages and bandaging tape</li> <li><input type="checkbox"/> Alcohol solution and/or hydrogen peroxide for disinfection.</li> <li><input type="checkbox"/> Aloe Vera Gel</li> <li><input type="checkbox"/> Thermometer</li> </ul> <p><b>Tip:</b> During a disaster amidst a pandemic, change and dispose your mask after every use or if it gets wet.</p> <p><b>Tip:</b> Practice respiratory etiquette, even during times of disaster. Cough in the inner part of your elbow, and avoid sharing spaces and items if sick.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Important contact information for: family members, emergency departments, shelters, jobs and schools.</li> <li><input type="checkbox"/> Local maps, evacuation routes</li> <li><input type="checkbox"/> Cash, credit cards</li> <li><input type="checkbox"/> Copies of insurance policies, will, lease, deeds, etc</li> <li><input type="checkbox"/> Bank account records.</li> <li><input type="checkbox"/> Copies of medical records and prescriptions.</li> <li><input type="checkbox"/> ID, driver's license, travel documents</li> </ul> <p><b>Tip:</b> Keep these documents in a waterproof portfolio, and keep copies with a family/friend who lives far.</p> <p><b>Tip:</b> If you reside in flood-prone zone, it is recommended to keep important and valuable items in a plastic container and at a higher level.</p> <div style="text-align: center; font-size: 2em; font-weight: bold; color: red; margin-top: 20px;">  </div>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Rain gear (rain coat, rubber boots or boot covers)</li> <li><input type="checkbox"/> Plastic covers</li> <li><input type="checkbox"/> Sealing tape.</li> <li><input type="checkbox"/> Chlorine solution without additives</li> <li><input type="checkbox"/> White vinegar</li> <li><input type="checkbox"/> Portable coolers and ice packs</li> <li><input type="checkbox"/> Wrench, knife, pliers, screwdrivers, axe and others tools.</li> <li><input type="checkbox"/> Life vest, if you are in a flood prone area.</li> <li><input type="checkbox"/> Sandbags, mops.</li> <li><input type="checkbox"/> Suction pumps to drain water from the house.</li> <li><input type="checkbox"/> Zinc or plywood shutters to protect your glass windows or doors.</li> </ul> <p><b>Tip:</b> During a disaster amidst a pandemic, evacuation measures are priority.</p> <p><b>Tip:</b> Wear sturdy footwear and sensible clothing.</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Solar or battery powered lights, fans, phone chargers, and other gadgets.</li> <li><input type="checkbox"/> Extra batteries</li> <li><input type="checkbox"/> Fill your tank and keep spare gasoline.</li> <li><input type="checkbox"/> Propane stove and gas cylinders.</li> <li><input type="checkbox"/> Power banks</li> <li><input type="checkbox"/> Extension cable cords</li> </ul> <p><b>Tip:</b> If you use an electric generator, <i>always</i> adhere to the manufacturer's instruction to avoid any injury.<sup>3</sup></p> <p><b>Tip:</b> Only a maximum of 25 gallons of flammable liquid (gasoline, propane, diesel, etc.) can be stored in a designated container. Flammable material should be stored in a place that complies with OSHA regulations.<sup>4</sup></p>	<p>Prepare an emergency weatherproof backpack that includes:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Masks, face shield</li> <li><input type="checkbox"/> Drinking Water</li> <li><input type="checkbox"/> Protein bars</li> <li><input type="checkbox"/> Whistle</li> <li><input type="checkbox"/> Imp documents</li> <li><input type="checkbox"/> Essential meds</li> <li><input type="checkbox"/> Rain gear, vest</li> <li><input type="checkbox"/> Tools</li> <li><input type="checkbox"/> Waterproof flashlight / head lamp</li> <li><input type="checkbox"/> Solar phone charger, waterproof cover for phone</li> <li><input type="checkbox"/> Solar/crank radio</li> </ul> <p><b>Remember:</b> Preventive action is the best way to avoid an unwanted disaster!</p> <div style="text-align: right; margin-top: 20px;">     </div>

1. When using a container to store water, make sure to thoroughly cleaned it and disinfected. Do NOT use recipients that were originally used to store chemicals (i.e detergents, soap)

2. Freshly expressed or pumped milk can be stored: At room temperature (77°F or colder) for up to 4 hours. In the refrigerator for up to 4 days. In the freezer for about 6 months is best; up to 12 months is acceptable (source: CDC)

3. In case of an unexpected burn accident, remove any incendiary articles from yourself and apply lukewarm water in the area, if the burn is superficial. Seek medical help if the damage is to deep or electrical.

4. For more information, please visit: [https://www.osha.gov/pls/oshaweb/owadisp.show\\_document?p\\_id=10673&p\\_table=STANDARDS](https://www.osha.gov/pls/oshaweb/owadisp.show_document?p_id=10673&p_table=STANDARDS)